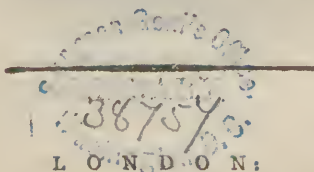

A
T R E A T I S E
CONCERNING THE
PROPERTIES AND EFFECTS
OF
C O F F E E.

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CONCERNING THE
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C O F F E E.

THE FIFTH EDITION,
WITH CONSIDERABLE ADDITIONS.

By BENJAMIN MOSELEY M.D.

Physician to Chelsea Hospital, Member of the College
of Physicians of London, of the University of Leyden,
of the American Philosophical Society, &c. &c.;
Author of a Treatise on Tropical Diseases, Military
Operations, and the Climate of the West-Indies.



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M.DCC.XCII.

P R E F A C E.

THE reception which four editions of this Treatise have met with, has made it necessary to publish a fifth; which I now present to the reader, with such additions, as I hope will be acceptable and useful *.

I HAVE collected many authorities, to corroborate what I have advanced; that, as my opinions have prejudices to contend with, they may not, however, be objectionable on the ground

* The first Edition was published in the beginning of 1785.

of singularity, and be considered as supported by no other testimony than my own.

IN treating of the salutary advantages, which the public will derive, individually, from the general use of Coffee, it is impossible not to reflect also on the political benefits which will accrue to the Parent State, by increasing its cultivation in her Colonies.

To the Colonists themselves the object is very extensive; and surely the prosperity of so important a part of the empire, as our West Indian Islands, demands the most liberal attention on the part of the nation.

FROM

FROM the produce of our Plantations, that “magnificent property,” as MONSIEUR NECKER terms the French Colonies, “which only the superficial and ignorant affect to undervalue,” this country receives great additions to her revenue, and a total supply of one of the most useful articles (perhaps now a necessary) of life. Yet, from the calamities lately inflicted on some of them by the hand of Providence, and the accumulated burthens which the public necessities have laid on them all, many of the Planters are involved in ruin; and those who escape must owe their deliverance to the bravest struggles of industrious virtue.

THE population of White Inhabitants, which is the great security of the Islands, consists chiefly of those who cultivate the inferior Staple Commodities, among which, Coffee is now the principal; and this population has always been proportionable to the increase or decrease of those Staples. Indigo may be instanced as an example: When Indigo was encouraged in Jamaica, before that impolitic duty was laid on it, which exterminated the cultivation of it in our Colonies, and gave it to the French, there were considerably more White Inhabitants in that Island than there are at present, though the Island now produces five times the quantity

quantity of Sugar and Rum it did at that time.

THE cultivation of Coffee requiring but little capital, is an inducement for people of small fortunes to settle in the Islands. It is a creditable refuge for the industrious man, who has been unfortunate in Trade, and to those whose larger schemes in life have failed. — It is an easy employment; the labour light, and many parts of it performed by children. The situations and soil where it is carried on must be dry, and of course healthy, to be advantageous. Coffee Plantations, in particular, may be considered as a Nursery of useful Inhabitants for the Colonies.

THE soil best suited for Coffee is happily such as can be spared from every other purpose. Large tracts of poor land, which would otherwise lie waste and useless, may be rendered as profitable as the best, without the mortality and casualties attendant on severe labour in hot climates.

THE numerous little families which live on Coffee Plantations, and are dispersed in small settlements, in the interior parts of the Islands, occasion the mountainous and woody lands to be cleared and opened; and to be intersected with roads and easy communications.

THUS

THUS the residents live in safety, and all sorts of property acquire a proportionate value and security. The retreats of fugitive negroes are laid open; plunder and depredation prevented; and conspiracies for rebellion are deprived of their hiding-places.—And thus the credit of the planter, and security of the merchant, stand on a firm basis:—those commotions being prevented, which have so often disturbed the tranquillity of the Islands, and occasioned the ruin of many individuals abroad and at home, to the great defalcation of that immense revenue, which these Islands pay to the Mother-Country*.

BESIDES,

* The duties and excises, upon a computation
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BESIDES, the importance of a numerous body of men, to form an occasional militia, is evident, to any person acquainted with the Colonies, who must know how little fatigue and exposure to the sun is sufficient to destroy an unseasoned stranger.

INHABITANTS are always ready in case of sudden emergency; and being acquainted with local circumstances, and inured to the climate, can perform services, which uninformed, raw, European troops cannot do; and, were interest and attachment less operative con-

tion for the year 1781, amount to about £. 1,344,312 sterling, annually, on the produce of *Jamaica* only.

siderations,

siderations, Colonial Inhabitants may be depended on; — many instances of which were exhibited in the events of last war.

THE firmness displayed by the militia of Jamaica, during the different periods of Martial Law at that time, when left almost to defend themselves, ought ever to be remembered to their honour. While many of the troops that were raised here with so much difficulty, and sent thither and maintained at so much cost, were perishing in hospitals, the Island militia underwent the severest fatigues, with the greatest alacrity; chiefly at their own, and, let me add, very heavy expence. I was then Surgeon-General of the Island, and had the care of the militia,

litia, and likewise the camps of the regulars, and witnessed the facts I relate.

THE truth is, that Sugar Plantations, though they are great sources of wealth to their proprietors, as well as to government, do not employ a sufficient number of white people for their internal security, against the insurrections of the negroes. The manufacture is simple, and the labour wholly carried on by slaves; and though the Deficiency Law of Jamaica directs, that one white person shall be employed for every thirty slaves, under a penalty of thirty pounds per annum for every deficiency,—yet, this law is often defeated, or the fine

submitted

submitted to; as white servants are expensive, and a less number than that proportion is sufficient for the purpose of making Sugar.

THE cultivation of inferior Staple Commodities is therefore necessary to the very existence of the Sugar Colonies; and I am persuaded will prove to them more beneficial in many respects, than at present is generally imagined.—Here, then, is an open and grateful field for Colonial Patriotism; in which the *Amor Patriæ* will neither find opposition from envy, nor disappointment from ingratitude.—Here is the occasion to demonstrate the love of country, and to perpetuate a benefit to mankind, which will never be forgotten;

gotten; and if those who, from character and situation are entitled to attention, will come forward, and point out to the Public the impositions it has suffered from misrepresentations, and that the interests of the Sugar Colonies are no other than the best interests of this Country, there will never be wanting sufficient good sense in the Nation, to understand, that a subject of the realm, exerting his industry at four thousand miles distance, may be employed as beneficially to the State, as the manufacturer at home, who lives by him; and is as much deserving the protection of it, as the Country 'Squire, who leaves his fox-hounds, to give a silent vote or two during the winter, and retires the remainder of the

the

the year to his *Sabine Fields* in sloth and ignorance.

SIR NICHOLAS LAWS was the first person who planted Coffee in Jamaica; —but dying three years afterwards, in 1731, he had not the happiness to see the cultivation of it make any considerable progress.

IN 1732, several of the Planters and Merchants, belonging to the Island, became patrons of the undertaking; and convinced that, under proper encouragement, it might be of importance to the Island, and that Coffee might become a flourishing staple article of produce, they subscribed the
sum

sum of 220l. 10s. towards defraying the charges of soliciting an act of parliament for lowering the inland duty, upon the importation of Coffee from Jamaica into Great Britain; which at that time was 10l. sterling per cwt.

The circumstance being but little known at present, and considering what obligation the Island is under to their exertions, I am happy in having an opportunity of inserting their names, as a proper tribute to the memory of those benefactors to the Colony, and friends to the Nation.

LONDON,

L O N D O N, *Anno* 1732.

A List of the persons who subscribed and paid into the hands of Mr. *Roger Drake and Co.* the several sums undermentioned, towards defraying the charges of an application, for an Act of Parliament, to encourage the planting of *Coffee* in the Island of *Jamaica*.

	£.	s.
John Ascough, Esq; - -	10	10
Thomas Beckford, Esq; -	10	10
James Dawkins, Esq; -	10	10
Henry Dawkins, Esq; -	10	10
Mess. Drake, Pennant, and Long;	21	0
Thomas Fish, Esq; -	10	10
Mr. James Fitter; - -	5	5
Cope Freeman, Esq; -	10	10
John Gibbon, Esq; -	10	10
Mr. John Gregory; -	5	5
Capt. Joseph Hiscox; -	10	10
Mr. Henry Lang, and Co. -	5	5
James Lawes, Esq; -	10	10
John Lewis, Esq; -	10	10
Mrs. Sufannah Lowe; -	10	10
Samuel Long, Esq; -	10	10
Charles Long, Esq; -	10	10
Mess. Mayleigh and Gale; -	10	10
Valent. Mumbee, Esq; -	10	10
Favele Peeke, Esq; -	10	10
----- - -	10	10
Capt. George Wane; -	5	5

 £. 220 10

IN

IN the same year, and in consequence of this solicitation, the *Act 5th Geo. II.* was passed, entitled, “An Act for encouraging the growth of Coffee in the Plantations in *America.*” —The preamble recites, that the soil and climate of Jamaica are particularly adapted for the growth of this commodity; and the act itself reduces the inland duty upon British Plantation Coffee, imported into Great Britain, from two shillings to eighteen pence per pound: — And here it stood for many years, producing a revenue of about 10,000*l.* per annum. A few years ago, on the representation of the West Indian Planters, *Lord John Cavendish*, the then

Chancellor of the Exchequer, consented to the very important reduction of one shilling more; thereby furnishing a most useful lesson to all future financiers, — *the present duty of six pence per pound actually producing nearly three times the sum that was received when the duty was eighteen pence*: so true is the doctrine, that heavy taxation defeats its own purpose.

It has been computed, that one acre of land will contain 1100 Coffee plants, which will produce berries in eighteen months from the sowing of the seed. The trees will continue bearing for seven or eight years.— Each tree, after the first bearing, may
b produce,

produce, at a medium, one and an half or two pounds weight, one with another; and six or eight servants can manage ten or twelve acres, besides cultivating provisions for themselves. Upon this ground of calculation, it is apparent, that one acre of land, supposing the weather not unfavourable, may yield annually from 1700 lb. to 2200 lb. weight, which, when brought to market, may sell for 9l. 15s. to 12l. 15s. sterling *net*. This, it is true, is but a small profit; for it is little more than five farthings per pound, whereas the *duty alone is six pence per pound*. If the duty was equalized to that upon Sugar, the medium profits per acre would be about 40l. per annum. At present, the *net* profits

profits upon this article, and upon Sugar in Jamaica, are nearly equal per acre; that is, 10 l. or 12 l. sterling.

IN the year 1752, the export of Coffee from Jamaica was rated at 60,000 pounds weight. In 1775, it was 440,000 pounds. — Under the present duty of six pence per pound, there is reason to expect, that the exports may rather increase than diminish. But it is not likely to become a subject of very extensive culture in our West Indian Islands, until even this duty is lowered, or at least while *foreign* Coffee is permitted to enter into competition with it at the British market. Though the Planters of Jamaica, after a multitude of experi-

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ments,

ments, and the most laudable exertions, have discovered the art of cultivating, picking, and curing the berries, so as to make their Coffee equal to the growth of Arabia; some samples have been produced from that Island, before the cultivation was so well understood as it is at present, which were pronounced, by the London dealers, even superior to the best brought from the East.

“ Two of the samples were equal
 “ to the best Mocha Coffee, and two
 “ more of them superior to any Coffee
 “ to be had at the grocers shops in
 “ London, unless you will pay the
 “ price of *picked* Coffee for it, which
 “ is two shillings per pound more than
 “ for that which they call the best
 “ Coffee.

“ Coffee. All the rest of the samples
 “ were far from bad Coffee, and very
 “ little inferior, if at all, to what the
 “ grocers call *best* Coffee *.”

WHAT revolutions may change the nature of our commerce, were it possible to foresee, it is not in my province to examine; but the Legislature of England, as well as those of her Colonies, have had a wise example before them, in the conduct of France, by her promoting and protecting the growth of every thing, that could supply the place of articles which Europe purchases in the East Indies. *Piementa*, or *Pimento* (*Myrtus Arborea Aromatica foliis laurinis*), or All-spice,

* Mr. Stephen Fuller's Letter to the Committee of Correspondence in Jamaica, dated, London, 28th July, 1783.

as it is commonly called, from having a flavour composed, as it were, of cloves, cinnamon, juniper berries, nutmegs, and pepper, is the peculiar spice of Jamaica*: and it equals in virtues, and is more applicable to the general purposes of life, and luxury too, than any spice that is brought from the East. The various uses into which *Pimento* is converted in Europe, are but little known to those who raise it. One secret, at least, I am able to divulge to them, which is, that its essential oil, coloured with *Alkanet Root*, to give it the appearance of

* From 12,000 to 15,000 bags of Pimento have been annually imported into England from Jamaica: each bag contains about one hundred weight. It pays a duty of about two pence per pound.

age, is sold all over Europe for the oil of cloves *.

SIR HANS SLOANE, in the Phil. Transf. Abr. vol. II. p. 667. says, that “ *Piementa* may deservedly be counted the best and most temperate, mild, and innocent, of common spices, and fit to come into greater use, and gain more ground, than it yet hath, of the East India commodities of this kind; almost all of which it far surpasses, by promoting the digestion of meat, attenuating tough humours, moderately heating, strengthening the

* The principal and prevailing flavour of *Pimento* is like that of cloves: its oil exactly resembles the oil of that spice, and sinks as that does in water. The oil resides chiefly, like that of cloves, in the shell, or cortical part.

stomach, expelling wind, and doing those friendly offices to the bowels, we generally expect from spices."

To this inferiority of the dear-bought and far-fetched spices of the East, I can bear ample testimony;—and it ought further to be considered, that the spice in question, being the produce of one of our own Colonies, and growing there in the greatest abundance, can be afforded at a price that the poor of Great Britain may have all the comforts of its excellent properties; which I hope to have leisure to make sufficiently known to them hereafter.

THE encouraging every article which increases the intercourse with our Colonies, is increasing our commerce. The payment for all the staples of the West Indies is made in our manufactures; the sale of which must increase in proportion to the numbers that are employed in the cultivation of what is bartered for them. Our West Indian Islands, without draining us of specie or bullion, can supply us with many of those very articles for which we are drained in other parts of the world *. The quantity of shipping and seamen, necessarily employed in

* The India Company pay for the Mocha Coffee in specie. The original cost is about 7l. sterling per cwt.

carrying

carrying supplies thither, and transporting their commodities back to Europe, must be very considerable. To these reflections it must also be added, that the political disadvantage of not encouraging our own Colonies is, that we must encourage those of other countries, which have long supplied our markets, to the detriment of our revenue, and the impoverishing our Colonies.

How long our superiority in some branches of manufacture may continue to be the source of wealth they are at present, is uncertain; but by improving the produce of our own soil, and encouraging the consumption at home, of such commodities as give employment

ment to our own subjects abroad, England will enrich her Colonies, and draw proportionate advantages; secure their attachment, and establish a population there, indispensable for the protection of those possessions, which are productive of the most valuable and permanent commerce of the empire.

LONDON, *Pall Mall*;

30 January, 1792.

A TREA-



A

T R E A T I S E, &c.

IT is a generally received opinion, that the human frame is not less influenced by diet than by climate; that its dispositions and characteristics owe their originality as much to food, as those diseases, evidently do, which are the legitimate and indisputable issue of it.

If the preceding position be just, there cannot surely be a subject more interesting to man, than the pursuit of that knowledge which may instruct him to avoid what is hurtful to health, to select for his use such things as tend to raise the value of his condition, and to carry the enjoyments of life to their utmost improvement.

I

WITH

WITH this idea, I submit to the public some observations which have occurred to me, on the dietetic and medicinal properties and effects of COFFEE.

IN England, the use of this berry hitherto has been principally confined to the occasional luxury of individuals ; as such, it is scarcely an object of public concern ; but government, prudently considering that this produce of our own West Indian Islands is raised by our own countrymen, and paid for in our manufactures, has lately reduced the duty on the importation of Plantation Coffee ; which has brought it within the reach of almost every description of people * : and as it is not liable to any pernicious process in curing, and is incapable of adulteration, the use of it will probably become greatly extended ;—as in other countries, it may diffuse itself among the mass of the people, and make a considerable ingredient in their daily sustenance.

* Good Plantation Coffee, roasted, may now be bought in London for two shillings and six pence per pound. In Paris the best Martinico Coffee, roasted, may be bought for one shilling and four pence per pound.

THE

THE plant, the berries, and the beverage made from them, commonly pass under the same name. The Arabians, indeed, distinguish the trees and the berries by the name *Biun*, *Bunna*, *Buna*, and *Ban*.

THE beverage, of which we speak in particular, is called by the Egyptians *El-cave*; by the Persians *Cabwa*, and *Cobo*; by the Turks *Chaube*, and *Cabveh*; by the Arabians *Cachua*, *Caoua*, and *Cabouah*; from whence originate *Caphé*, *Café*, *Coffi*, *Coffee*, and *Coffea*, appellations by which it is universally known in Europe.

THESE names, from the original Arabic, acquire the pronunciation they receive, by changing the *u* into *f*, in the word *Cabouah*; which, according to some writers, comes from a verb signifying to nauseate, or to have no appetite: and is one of the names which the Arabians give to wine, because it takes away the appetite, when drunk to excess.

THUS *Cabouah* they suppose is derived from the Hebrew ק"ן, or ק"ן, or קה"ן, which signify to have an aversion, or a dislike to a
 b 8 thing.

thing. But *Golius*, *Meninski*, and *Castel*, say, that *Cabouah* signifies to give an appetite, *quod appetentiam cibi adducit*. In opposition to both these opinions, there are others who assert, that *Cabouah* implies neither to give appetite, nor to take it away; and that it is not derived from the above words, importing to have, or to give distaste, but from *קח*, which signifies to give vigour and force,—*corroborare, roborare, confirmare*; and that *Cabouah* in Arabic means nothing more than to strengthen, and to give vigour.

It is not impossible, notwithstanding these opinions so plausibly founded, but that this beverage might have its name from *Cufa* or *Cafa*, a city in Arabia Felix.

THE Arabic *Ban* (the Coffee berry) corresponds with our *Bean*, and is probably its etymon. Perhaps the Greek *Bύνη*, “Barley steeped in water,” Anglicè, *Malt*, may be traced from the Arabic *Buna*.

NUMEROUS and absurd have been the writers on *Coffee*. I have omitted to mention many; and of those I have not, I hope it will be understood, that I have introduced them
to

to illustrate opinions rather than sanction them.

THE botanical description of the *Coffee Plant* has been already given by several writers*; and as Sir Hans Sloane, in the *Phil. Trans.* N^o 208, p. 63., Dr. Browne, in his *Natural History of Jamaica*, and Mr. Ellis, in 1774, have added to the number, it is unnecessary here to say any thing on this part of the subject, or to treat of its cultivation; but I thought it might not be uninteresting in this Essay to include something

* *Bon. Alpin. De Plantis Ægypti*, cap. 16.

Bon vel Ban Arbor. J. Baubin, 422.

Euonymo similis Ægyptiaca, fructu baccis Lauri simili. C. Baubin. Pinax. Theat. Botanic. 428.

Bon vel Ban ex cujus fructu Ægypti potum Coarva conficiunt. Pluken. Phytog. 272.

Coffee frutex, ex cujus fructu fit potus. Raij Histor. Plant. t. 2. p. 1691.

Jasminum Arabicum cujus fructus Coffy dicuntur. Boerhaav. Ind. P. 2. p. 217.

Bon Arbor cum fructu suo Buna. Parkinson, Theatr. Botan. 1622.

Jassaminum Arabicum, Lauri folio, cujus semen apud nos Café dicitur. Jussieu, Aët. Gall. 1713, p. 388. t. 7.

Jasminum Arabicum, castaneæ folio, flore albo odoratissimo. Tilli Catal. Plant. Hort. Pisan. p. 87. t. 32.

Coffea Arabica, floribus quinquefidis dispermis. Linn. Spect. Plant. ed. 2. p. 245.

of its history, which will shew it has been a topic of much disquisition, and no less remarkable for the universality with which it has been adopted by many regions of the East, than for the permanency, after various persecutions, with which it has been retained; notwithstanding the caprice of taste, the violence of tyranny, and the austerity of religion.

THE first European who mentions Coffee, is in general understood to be *Prosper Alpinus*, who went into Egypt in 1580, physician to a Venetian Consul, and remained there three years.

IN 1592 he published, in Venice, his History of the Plants of Egypt; wherein he gives an account of a tree, the seeds of which, called *Bon*, and *Ban*, were by decoction converted into a drink, much used by the Egyptians and Arabs. The great virtues of this liquor he also describes*.

BUT I must observe that, in the year 1591, *P. Alpinus*, immediately on his return, pub-

* De Plantis Ægypti, cap. 16.

lished his *Medicina Ægyptiorum*, in which he gave nearly the same account of the tree as in the preceding, which was a subsequent work; and here also he gave a very exact description of the mode, used in Egypt, of preparing the drink called *Chaoua*, from the seeds of this tree, called *Bon*, and also from their *capsules*. He is also particular as to the different qualities of these two liquors, and of the medicinal virtues of that, prepared from the seeds*. The account given in this work has been overlooked by almost every writer on Coffee. However, even with this correction of common error, I find *Leonhart Rauwolff*, a German physician, who had traveled into the East, has taken notice, though not in an accurate manner, of Coffee as early as 1573.

HE says, at Aleppo, "They have a very pleasant drink, called *Chaube*, which is almost as black as ink. It is good for illness, chiefly that of the stomach. It is made of a fruit called *Bunnu*, which in bigness, shape, and colour, resembles a bay berry. It is surrounded with

* De Medicina Ægyptiorum, Lib. IV. cap. 3.

two thin shells; and, as I was informed, is brought from the Indies. These shells have within them two yellowish grains, in two distinct cells, and agree in their virtue, figure, appearance, and name, with the *Bunchum* of *Avicenna*, and the *Bancha* of *Rhasis*; therefore I shall consider them to be the same, until I am better informed by the learned."

OF this opinion was *Faustus Naironus Bainesius*, who wrote the first treatise that was written expressly on Coffee. It was printed at Rome in 1671, and intituled, *De Saluberrima Potione Cabu, seu Cafe, nuncupata*.

VELSCHIUS, in his treatise *De Vena Medinensi*, in 1674, says, that the *Bunchum* of the Arabians is not Coffee, but the *Narcaphthum* of *Diascorides*.

IN this *Velschius* is mistaken, and has no authority for the supposition, whether the *Bunchum* of *Avicenna* be Coffee or not.

THE *Νάρκαφθον* of *Diascorides* is called by the Arabians *Nabach*; what it is, is uncer-

tain; many are the conjectures; but *Dioscorides* mentions its use only for external purposes. Lib. I. cap. 22.

AVICENNA's words respecting *Bunchum* are; "It is brought from *Yemen*; some say it is from the roots of *Amgailem*, which, when old (or *shaken*), falls down. The best sort is cream-coloured, and of a light grateful odour. The white and heavy (or *rank*), is not good. It is, according to some, hot and dry in the first degree; and to others, it is cold in the first degree. It strengthens the limbs, cleanses the skin, and dries up the watery humours; gives an agreeable odour to the body, prevents the hair from falling, and is good for the stomach." Lib. II. Tract. 2. cap. 91.

THE *Ben* of *Avicenna* also has been supposed by some writers to be Coffee. *Prosper Alpinus* was of this opinion. But this is certainly an error.

AVICENNA says of *Ben*, "The seed is larger than the cicer, inclining to whiteness, and has a soft unctuous pulp. It is hot in the third degree, and dry in the second. It is mundificative, particularly the pulp, and incites gross humours; with vinegar and water, it

opens obstructions of the viscera. Externally, it is good for eruptions; in an emplaster, for all indurated abscesses, warts, &c.; with vinegar, for ulcerations, excoriations, scald head, &c. It is bad for the stomach, and causes nausea, and if taken with honey, excites vomiting and purging." Lib. II. Tract. 2. cap. 82.

NOTWITHSTANDING *P. Alpinus's* two publications, it appears that Coffee could have been but little known in Italy; when his countryman *Pietro Della Valle* was at Constantinople in 1615*.

MONS. DU FOUR, who wrote on Coffee in 1685, says, the French knew nothing of it until 1645; and that it had not been used in France until about 1657. Mons. *Galland* also says, that its use was not known in France until Mons. *Thevenot* returned from his first voyage to the East in 1657, when he constantly

* "Hanno i Turchi un' altra bevanda di color nero; e la state si fa rinfrescativa, e l'inverno al contrario, &c.—Ma senza queste dilicature ancora, co'l solo e semplice *Cabue*, è pur grata al gusto, e, come dicono, conferisce molto alla sanità; massimamente in aiutar la degestione; corroborar lo stomaco, e reprimer le flussioni de' catarrhi, &c.—Quando io sarò di ritorno ne porterò meco; e farò conoscere all' Italia questo semplice, che infin' ad hora forse le è nuovo." Viaggi di *P. D. Valle*, Lettera 3.

drank it, and treated his friends with it, at his house in Paris.

MONS. LA ROQUE, who published his *Journey into Arabia Felix* in 1715, confesses, that *Thevenot* was the first that taught the French the use of Coffee in 1657; but he contends, that his own father, having been with Mons. *De la Haye*, the French ambassador at Constantinople, and afterwards traveled in the Levant, did, when he returned to Marseilles in 1644, drink Coffee every day; and brought with him not only Coffee, but all the little implements used in Turkey in preparing it. He says also, that there was a public Coffee-house opened at Marseilles in 1671, which was looked on as a great curiosity in France.

HE says, Coffee had scarcely been seen in Paris before 1669; nor even heard of until that year, except in the house of *Thevenot*, and by the report of travellers.

IN this year, *Solyman Aga*, Ambassador from *Mahomet* the IVth came to Paris; and it is to this embassy, *la Roque* says, that the

first use of Coffee in Paris is to be attributed.

THIS embassy, which had given the Parisians a general taste for Coffee, and the method of making it, gave them also the idea of public Coffee-houses; for, in 1672, one *Pascal*, an Armenian, sold it publicly at the *Foire St. Germain*; and afterwards, in the same year, opened a Coffee-house on the *Quai de l'Ecole*, which was the first public Coffee-house ever known in Paris.

COFFEE, however, was known in general to the English before it was to the French or Italians; and was used in England before it was in France or Italy.

THE *Journal des Scavans*, 28th January, 1675, observes, “*les Anglais ont connu le Café vingt ans plutôt que nous:*” and it appears, that these journalists were considerably within the time, as far as relates to its having been first noticed, by the travellers of the respective countries.

WILLIAM FINCH, an English merchant, employed in the service of the East-India Company

pany in 1607, says, “ That the people in the Island of *Socotora* have, for their best entertainment, a China dish of *Cobo*, a black bitterish drink, made of a berry like a bay berry, brought from *Mecca*, supped off hot; and it is reckoned good for the head and stomach *.”

BUT I am not certain whether *Biddulph's* account of the use of Coffee in the East was not prior to *Finch's*. In a letter from him at Aleppo, which must have been soon after the death of Queen Elizabeth in 1603, as he mentions that event as recent; he says, “ The Turks have for their most common drink *Coffa*, which is a black kind of drink, made of a kind of pulse like peas, called *Coava*; which being ground in a mill, and boiled in water, they drink it as hot as they can suffer it, which they find to agree with them against their crudities, and feeding on herbs, and raw meat. It is more wholesome than toothsome, for it causeth a good concoction, and driveth away drowfiness †.”

* Purchas, p. 419.

† Ibid. p. 1340. See also p. 1351. where it appears that *Biddulph* was in the East in 1600.

It is remarkable, that none of the travellers to the East, of any country, who have given the first accounts of Coffee, have ever mentioned the circumstance on which all its virtues depend,—its torrefaction.

HAVING shewn that the first Coffee-house in Paris was opened in 1672, I now observe, that the first Coffee-house in London was opened in 1652.

MR. DANIEL EDWARDS, a Turkey merchant, when he returned from Smyrna to London in 1652, brought over with him a servant, named *Pasqua Rossée*, a Ragusian Greek. This man used to prepare Coffee for him every morning, for his breakfast. The novelty of this new repast brought so many people to Mr. *Edwards's* house, that he lost all the fore-part of the day in entertaining and satisfying the curiosity of his visitors. Thus situated, he thought of an expedient to rid himself of the trouble, and to gratify his friends; which was, to suffer his servant to make and sell Coffee publicly. In consequence of which, *Pasqua* opened an
house

house in St. Michael's Alley, Cornhill, which was the first Coffee-house in London *.

IN 1660 (12 Car. II. cap. 24.) there was a duty of four pence per gallon laid on Coffee made and sold, to be paid by the maker; and in 1663 (15 Car. II. cap. 9. sect. 15.) all Coffee-houses were licensed at the general Quarter Sessions of the Peace for the County in which they were kept.

THE following account is descriptive of the commotions and prejudices which Coffee formerly had to contend with and conquer among the Mahometans. Besides the similitude it bears to the ludicrous notions, and contradictory opinions, concerning Coffee in later times, it may not be unentertaining to those who are accustomed to reflect, how great communities are often violently agi-

* On the spot, before the fire of 1666, where the Virginia Coffee-house now stands. The first Coffee-house that was opened after the fire was, what is now called *Garraway's*.

tated

tated by trifles ; and that nations, under weak or oppressive governments, as well as individuals, may be seriously ridiculous, and equally subject to transitory delusion. It will appear also, that Coffee, which after many struggles triumphed over the scrutiny of physicians, had nearly sunk under the influence of the *Alcoran* ; but that the contest between the *Alcoran* and Coffee ended, as it were, in a coalition.

“ KHAIR BEG, Governor of *Mecca*, by appointment of the *Sultan* of Egypt, was unacquainted with Coffee, or of the manner of taking it. As he was going out of the Mosque one day, after evening prayer, he observed in a corner of it a company of people drinking Coffee, who were to spend the night there in prayer, and was much offended at it. He thought at first they had been drinking wine ; nor was his surprize much diminished after they had explained to him the use and virtues of this liquor. On the contrary, after they had informed him how much it was in use in *Mecca*, and what merriment passed at the public places where it was sold, he was of opinion that Coffee

was

was intoxicating, at least that it conduced to things forbidden by the law.

“FOR this reason, after having ordered these people to go out of the Mosque, with an injunction never to meet there for the future upon the like occasion, he next day convened a great assembly of Officers of Justice, and Doctors of Law, together with Priests, and the most eminent men of *Mecca*; to whom he communicated what he had observed the night before in the Mosque, and what he was informed happened frequently in the public Coffee-houses; adding, that he was resolved to remedy this abuse, upon which he was desirous first to know their opinions.

“THE Doctors agreed that the public Coffee-houses wanted regulation, as being contrary to the law of pure Mahometism; and declared, that, with respect to Coffee, it was necessary to examine whether it was hurtful either to body or mind; and concluded to take the advice of physicians.

“THE

“ THE Governor called in two Persians who were brothers, the most celebrated physicians in *Mecca*: one of them even wrote against the use of Coffee, jealous, perhaps, (says our author) lest the use of it should spoil his practice; so they did not fail to declare, that Coffee was cold and dry, and prejudicial to health.

“ A DOCTOR of the assembly replied, That BENGIAZLAH *, an ancient Arabian physician of great authority, had said, that these berries were hot and dry, and consequently could not have the qualities just now ascribed to them.

“ THE two Persian physicians replied, That BENGIAZLAH was a perfect stranger to the berries in question; and declared, that if Coffee was reckoned among things indifferent, and free for every body to make use of, yet it was apt to lead to things not allowed of; and the safest way for true Mussulmen would be, to hold it unlawful.

* A celebrated physician of *Bagdat*. He died anno 1098.

“ THIS

“ THIS determination obtained all their suffrages; and several, either out of prejudice or false zeal, did not fail to affirm that Coffee had actually disturbed their brains. One of the assistants maintained, that it intoxicated like wine, which set all the assembly a laughing; because, in order to make a judgment of it, it was necessary to have drunk wine, which is forbidden by the Mahometan religion. He was asked whether he had ever drunk any wine? and he had the imprudence to answer in the affirmative; which confession condemned him to the bastinado, the punishment that is inflicted by the Mahometan law for this crime.

“ COFFEE was, however, solemnly condemned at *Mecca*, as a thing forbidden by law, notwithstanding the *Musti* opposed the determination.

“ The lovers of Coffee thought the sentence would not hold water, as the *Musti* did not sign it, and even determined to pay no regard to it in private. However, one of them was surprized in the fact, and was
 7 basti-

baftinadoed, and was afterwards led about the city on an afs,

“ BUT this rigour was not of long duration; for the *Sultan* of Egypt, far from approving of the indiscreet zeal of the Governor of *Mecca*, was fuprized that he fhould dare to condemn a thing fo much in favour at *Cairo*, the capital of his dominions, where there were Docters of much greater authority than thofe of *Mecca*, and who had not found any thing in the ufe of Coffee contrary to the law.

“ The *Sultan* ordered him therefore to revoke his prohibition, and to employ his authority againft the diforders only, if there were any, committed in the Coffee-houfes; adding, that because *it was poffible to abufe the very beft things*, even the water of the fountain ZEMZEM*, in the Temple of MECCA, fo much efteemed by all Muffulmen, it was not for that reafon neceffary abfolutely to forbid them.

* The Mahometans fay this is the fpring that God caufed to iffue forth in the Defart for *Agar* and her fon *Iffmael*, when *Abraham* fent them away.

“ THE

“THE Governor was displaced, and the two physicians who bore a great part in the prohibition of Coffee, came to an unfortunate end.

“AFTER the re-establishment of Coffee at *Mecca*, it was prohibited again, and again re-established.

“THE *Sultan* of Egypt consulted his Doctors of the Law at *Cairo* upon this point ; who gave their opinions in writing, and proved by substantial reasons, the fallacy of the condemnation of Coffee, and the ignorance of those who passed it ; which established the use of Coffee at *Cairo*, upon a much stronger footing than ever. But, in the end, this great city also met with much trouble upon the subject. For, —

“IN the year 1523, a scrupulous Doctor stated, that Coffee intoxicated the head, and was prejudicial to health : and he had suspicions that it was unlawful. But none of his brethren were of his opinion, because it was obvious that Coffee had not those bad qualities

ties he ascribed to it ; and therefore this gave no shock at all to a custom so universally received.

“ BUT about ten years after, a preacher held forth so vehemently against the use of Coffee, as a thing prohibited by law, that the mob fell upon the Coffee-houses, broke the pots and dishes, and abused the company they found there.

“ UPON this, there were two parties formed in the city ; one of which maintained that Coffee was prohibited by law ; the other, that it was not. But the Judge in Chief having convened an assembly of all the Doctors, to have their opinions, they unanimously declared, that the question had been already determined by their predecessors in favour of Coffee ; that they were all of the same sentiment ; and that there was nothing further necessary than only to restrain the extravagant heat of the zealots, and the indiscretion of ignorant preachers. The Judge who presided was of the same opinion ; and immediately ordered all the assembly to be served with Coffee, and took some
4 himself ;

himself; an example which presently composed all controversies, and made Coffee more fashionable at Cairo than before *."

THE commotions however which were then excited by this beverage, were not confined to Mecca and Cairo; for *Pichevili*, a Turkish historian, says:

" AT the time when the use of Coffee was most prevalent in *Constantinople*, the *Imams* and officers of the Mosques made a great clamour, that they were deserted, whilst all the Coffee-houses were continually crowded. On which the Dervises and Priests made a furious attack on Coffee; not only affirming that it was unlawful, but that it was a much greater sin to go to a Coffee-house than to a Tavern.

" AFTER a great deal of noise and declamation, all the Priests united to obtain a solemn condemnation of this liquor; and maintained that Coffee roasted was a sort of

* An Arabian manuscript, N^o 944, by *Abdalcader* of Medina. It is in the great National Library at Paris; written about the year 1587.

coal; and that every thing which had the least relation to coal was forbidden by law. Upon this they drew up a question in form, and presented it to the *Musti*, with a request that he would determine it according to the duty of his office. The *Musti*, without giving himself the trouble of examining any difficulties, gave a verdict according to the wish of the Priests, and pronounced that Coffee was prohibited by the law of *Mahomet*.

“ ALL the Coffee-houses in *Constantinople* were immediately shut up, and the officers of the police ordered to prevent the drinking Coffee in any manner whatever.

“ YET, notwithstanding the rigour that was employed in the execution of this order, they could never prevent the drinking Coffee in private: and *Amurath III.* in whose time this prohibition took place, again permitted the use of it, in private houses, and it grew more and more into esteem. At last, the officers of the police, seeing there was no remedy, were content, for a certain sum, to permit

permit it to be sold in private houses, shutting up the doors, or in the back shops.

“ THERE wanted but little encouragement to re-establish by degrees the public Coffee-houses; and it happened that a new *Mufti*, less scrupulous, or more wise, than his predecessor, declared solemnly, that Coffee ought not to be looked upon as a coal; and that the liquor made from it was not prohibited by the law. After this declaration, the Zealots, Preachers, Doctors, and Lawyers, far from exclaiming against Coffee, took it themselves; and their example was universally followed by the whole Court and City.”

COFFEE, though a native of *Arabia Felix*, is said to have been converted into use in Africa and Persia, long before a beverage was made of it by the Arabians.

OF the first discovery of the properties of Coffee there is no authentic account, that has come to the knowledge of European enquirers. But as fiction in such cases generally supplies the place of facts, it is impossible that so

important an article as this in question should be destitute of introductory anecdotes, on its first appearance in the world.

FAUSTUS NAIRO, a native of the Holy-land, before-mentioned, who was Oriental Linguist in the College at Rome, and some other romantic writers I have been under the necessity of reading, pretend, that the extraordinary virtues of Coffee-berries were discovered in nearly the following manner :

IN the nation of *Yemen*, a keeper of goats was one night much surprized that his herd would not go to sleep as usual, but jumped and frisked about as if they had been infatuated. The next morning he went to *Sciadli*, the Priest of the neighbouring Mosque, to intreat that he would inform him of the cause of this wonderful change in the animals. The priest desired the goatherd would conduct him to the pasture where they had fed on the preceding day. When he came there, he found the place covered with certain shrubs with berries on them, of which the goats had eaten. These shrubs and berries had always
been

been considered among the wild and useless productions of the earth. The Priest, however, having satisfied himself that these berries had effected the alteration in the goats, gathered some, went home and boiled them in water, and drank of the liquor. When night came, he perceived he could not sleep, but began to dance and frisk about as the goats had done. He reported these circumstances to the neighbouring Priests, who all declared, that a liquor from these berries, properly prepared, would be an excellent thing to keep the Dervises awake, when their duty obliged them to pray after dinner. The experiment was tried, and continued with the utmost success; and was also attended with great advantage to their health. From the report of these Dervises, the use of Coffee soon spread through other Asiatic nations; and *Sciadli* was ever after drunk as a toast, in a cup of Coffee, before any devotion was entered on, among all the religious of the East.

BUT, turning from this ludicrous tale to the Arabian manuscript before-mentioned, translated by *Monf. Galland*, we find,

that about the middle of the fifteenth century, *Gemaleddin*, the *Musti* of Aden, a city in Arabia Felix, travelling into Persia, learnt the use of Coffee there, and on his return introduced it to his countrymen : who had no sooner adopted the drinking of this beverage, than they entirely neglected an herb which had been long in use among them, called *Cat*, of which they made an infusion, and drank it in the manner in which we now drink Tea.

This herb, called by the Arabians *Cat*, is, I believe, the same as our Tea ; for it varies but little from the name which *Tea* has always borne in the Eastern countries, being called by the Chinese *Cha* and *The* ; by the Japonese and Indians, *Tchia*, *Tsia*, and *Cha* ; and by the Persians *Tzai* and *Cha*.

LEYL says, that *Cha* is a Tartarian word ; that the plant Tea, is indigenous in Tartary, and is there, and in all the Eastern nations, called *Cha* ; and that the Chinese only, who live near the coast, and traffic with Europeans, call it *The*. It is also supposed to have been unknown in China, until the incursions of the Tartars.

IT

It is from the preceding epoch, distinguished by *Gemaleddin the Musti*, that any authentic account of the dietetic use of Coffee is derived. Enthusiasm indeed has carried some absurd admirers of this beverage so far into conjecture, as to trace marvellous stories of it back to the remotest ages; and to suppose it the *Jus Nigrum* of the Lacedæmonians*; *Abigail's* cup to *David*, which saved her husband *Nabal's* life†; and the *Nepenthe*‡, which *Helen* received from an Egyptian, and celebrated by *Homer* as a soother of the mind, in the extremest state of anger, grief, and misfortune ||.

From Aden it spread its influence to Mecca, Cairo, Damascus, and Aleppo; and afterwards through all Arabia, and other parts of the Ottoman Empire, and arrived at Constantinople, from Syria, in the reign of *Solyman the Great*, in the year 1554;

* *Muraltus*. *Herbert's Travels*. *Sandy's Travels*. *Blunt's Voyage*.

† *Paschius*, an obscure writer at Leipzig, 1700.

‡ *Pietro della Valle*.

“ Φάρμακον, κακῶν ἐπιλήθον ἀπάντων.” *Odyss. Δ.*

introduced

introduced by two persons whose names were *Schems* and *Hekin*; one came from Damascus, the other from Aleppo; each opened a public Coffee-house in that city; and about a century afterwards, as I have already observed, it was adopted at London and Paris.

THE virtues of this chearful liquor, like moral virtues under despotism, operated in Constantinople to its detriment; — by dispelling the torpitude brought on by their vicious excesses, and recruiting their spirits, sunk by depravity of their habits, it introduced a disposition among the Turks to exercise the understanding; — a crime in every government that tolerates nothing but silent obedience.

RYCAUT says, that during the war in Candia, in the minority of *Mahomet* the IVth, when the Turkish affairs were in a critical situation, “the *Visir Kupruli* suppressed the Coffee-houses, though he permitted the Taverns;” the former conducing to intellectual recreation, and some speculations on the affairs of state, which the *Visir* thought

thought would not bear examining. These were objections from which the latter, as tending only to idleness and debauchery, was free. This stupid edict appears to have had no other relative effect than to diminish the revenue; for Coffee thrived under this political, as well as it did under the former religious, persecution.

HOWEVER ridiculous it may appear at this time, Coffee had the same folly to encounter soon after its introduction into England; and experienced the same treatment under *Charles the 1st*, that it met with in Turkey under an *Amurath* and a *Mahomet*: for having been found an encourager of social meetings, Coffee-houses were shut up by proclamation, as seminaries of sedition*.

THIS famous proclamation was dated 29th of December, 1675, and asserted that, "Because in such houses, and by occasion of the meeting of disaffected persons in them, divers false, malicious, and scandalous reports were devised and spread abroad, to the defamation of his *Majesty's* government, and to the dis-

* Anno 1675.

turbance of the quiet and peace of the realm."

THE opinion of the Judges was taken on this point, who in their great wisdom resolved, "That retailing of Coffee might be an innocent trade; but as it was used to nourish sedition, spread lies, and scandalize *great men*, it might also be a common nuisance."

RAY observed, that the part of Arabia which produced Coffee in such abundance, might truly be styled happy*; from whence many millions of bushels of this valuable treasure were then annually exported to Turkey, Barbary, and Europe†.—In Constantinople alone, the consumption is said to amount to more than what is expended for wine in Paris.

* The country of Yemen.

† The Abbé *Raynal* says, that twelve millions five hundred and fifty thousand pounds weight of Coffee is annually exported from Arabia Felix; which, at 14 sols per pound, brings into that country 8,785,000 livres, 384,343 l. 15 s. sterling. The European Companies purchase three millions five hundred thousand weight of this commodity.

It was long after Coffee had been an article of commerce, that Europeans were able to obtain, or cultivate, the plant; as the berry was exported dry, and unfit for propagation.

It has been said, that a Frenchman, near *Dijon* in France, was the first person who made the experiment with success, about the year 1670: the trees raised from the seeds he had sown produced berries, but they were tasteless and insipid; and served for no other purpose than curiosity.

ACCORDING to *Boerhaave's* account, a Dutch Governor was the first person who procured fresh berries from Mocha, and planted them in *Batavia*; and in the year 1690 sent a plant from thence to Amsterdam; which came to maturity, and produced those berries which have since furnished all that is now cultivated in the West Indies.

IN 1714 a plant, from the garden of Amsterdam, was sent by Mr. *Pancras*, a Burgomaster, and Director of the Botanic Garden,

Garden, as a present to *Lewis* the XIVth, which was placed in the garden at Marly.

In 1718 the Dutch began to cultivate Coffee in Surinam; in 1721 the French began to cultivate it at Cayenne; in 1727 at Martinico; and in 1728 the English began to cultivate it in Jamaica.

M. FUSEE AUBLET, in his *Observations on the Culture of Coffee*, annexed to the ingenious *Monf. Le Breton's* Paris translation of the third edition of this Treatise, says that a *Monf. de Clieux* carried the first Coffee plant to Martinico in 1720; and that the French East-India Company sent some plants to the Isle of Bourbon in 1717; and that one plant only survived, which bore in 1720, and many were produced from it.

THE first plant in Jamaica was introduced by Sir *Nicholas Laws*, and planted at Townwell estate, now called Temple Hall, in Liguanea, belonging to Mr. *Luttrell*.—How its propagation has been extended since those periods, in the West Indies, is well known.

SOME

SOME writers imagine that there are several sorts of Coffee* ; but the difference arises only from the soil, cultivation, curing, and keeping, and not from any difference in the species.

IF the Coffee in our West-Indian Islands be planted in a dry soil, and in a warm situation ; if, after the trees have acquired a certain age, the ripe berries are collected with care and cleanliness, which will be small when dry, cream-coloured, and with a smooth polished surface, like those which come from Arabia ; and if they are kept a proper time before they are used ; this Coffee will have flavour and excellence equal to the best that is imported from Mocha.

BUT the time and labour necessary to produce Coffee of the best quality have discouraged our Planters from raising it at much expence ; because, until lately, it has been subject to a precarious, or losing market. Therefore quantity, and large coarse berries

* *Coffey*, among others, was mistaken in this point.

of a green dingy cast, the produce of young trees, luxuriant soil, and little attention, has turned to better account than quality; as this produce, though unfit for the London market, has been bought up for the consumption of the Northern parts of Europe*.

AFTER Coffee has received all the excellence it can from the Planter, it is a matter of great consequence, that proper care be taken in shipping it for Europe: it should not be put into parts of the vessel where it may be injured by dampness, or by the effluvia of other freight. Coffee-berries are remarkably disposed to imbibe exhalations from other bodies, and thereby acquire an adventitious and disagreeable flavour. Rum placed near to Coffee will in a short time so impregnate the berries, as to injure their flavour. It is said, that a few bags of pepper

* Mr. *Fuller* observes in his letter, " I would recommend to the Planters, not to covet the production of the large berries, the smallest being deemed the best by our buyers here, and fetching the most money; perhaps not absolutely from its being of the best quality, but because it admits of being mixed with the Mocha Coffee, and sold as such."

on board a ship from India, some years since, spoiled a whole cargo of Coffee *.

THE French are more attentive in this respect than the English; and indeed they omit nothing that can give their Coffee any advantage. But if their Coffee be superior to ours, it is the effect of more encouragement. The industry and genius of the French Coffee Planters have been cherished; ours have been restricted by a duty, which prevented the consumption of the article. Thus the spirit of cultivation has been checked, improvement retarded, and consequently the produce not brought to perfection.

THE chemical analysis of Coffee evinces that it possesses a great portion of mildly bitter, and lightly astringent gummous and resinous extract †; a considerable quantity of oil ‡; a fixed salt ||; and a volatile salt §.—

These

* *Miller.*

† *Newman* obtained eight ounces from sixteen ounces of roasted Coffee, by aqueous and spirituous menstruums.

‡ *Bourdelin* obtained six ounces six drams from two pounds and an half of roasted Coffee: and *Houghton*, Phil.

Transf.

These are its medicinal constituent principles.

THE intention of torrefaction is not only to make it deliver those principles, and make them soluble in water, but to give it a property it does not possess in the natural state of the berry.

By the action of fire, its leguminous taste and the aqueous part of its mucilage are destroyed; its saline properties are created, and disengaged, and its oil is rendered empyreumatic. — From thence arises the pungent smell, and exhilarating flavour, not found in its natural state*.

Transf. obtained two ounces four drams two scruples from one pound of unroasted Coffee. *Du Four* obtained two ounces five drams.

|| *Le Fevre, Newman, Lemery, Bourdelin*, obtained nine drams and an half from two pounds and an half of roasted Coffee.

§ *Floyer, Bourdelin*, obtained a volatile salt, that effervesced strongly with spirit of salt.

* There always prevailed a notion among the chemists, particularly with *Paracelsus* and his followers, that in the empyreumatic oils of plants were many medicinal virtues undiscovered. The oil of Coffee, in itself, is almost insipid.

ANIMAL oils are changed by fire in the same manner in broiled meats, and acquire that grateful odour so exciting to weak appetites.

IMITATIONS of Coffee have been procured from roasted beans, peas, wheat, and rye, with almonds; but the delicacy of the oil in Coffee, which the fire, in roasting, converts into its peculiar empyreuma, is not to be equalled.

THE roasting of the berry to a proper degree, requires great nicety: *Du Four* justly remarks, that the virtue and agreeableness of the drink depend on it, and that both are often injured in the ordinary method. *Bernier* says, when he was at *Cairo*, where it is so much used, he was assured by the best judges, that there were only two people in that great city, in the public way, who understood the preparing it in perfection*.

* *Bernier's* Letter to *Du Four*.

IF it be under-done, its virtues will not be imparted, and in use it will load and oppress the stomach: — If it be over-done, it will yield a flat, burnt, and bitter taste, its virtues will be destroyed, and in use it will heat the body, and act as an astringent*.

FOURTEEN pounds weight of raw Coffee is generally reduced, at the public roasting houses in London, to eleven pounds by the roasting; for which the dealer pays seven pence half-penny, at the rate of five shillings for every hundred weight. In Paris, the same quantity is reduced to ten pounds and an half. But the roasting ought to be regulated by the age and quality of the Coffee, and by nicer rules than the appearance of the fumes, and such as are usually practised: therefore the reduction must consequently vary, and no exact standard can be ascertained. Besides, by mixing different sorts of Coffee together, that require different degrees of heat and roasting, Coffee has seldom all

* “Cetera bonitas Caovæ præcipuè dependet à curiosa et exquilita tostione.” Ray.

the

the advantages it is capable of receiving, to make it delicate, grateful, and pleasant. This indeed can be effected no way so well as by people who have it roasted in their own houses, to their own taste, and fresh as they want it for use.

THE closer it is confined at the time of roasting, and till used, the better will its volatile pungency, flavour, and virtues, be preserved.

COARSE, rank, new Coffee, is meliorated by being kept after it is roasted, before it is used.

THE influence which Coffee, judiciously prepared, imparts to the stomach, from its invigorating qualities, is strongly exemplified by the immediate effect produced on taking it, when the stomach is over-loaded with food, or nauseated with surfeit, or debilitated by intemperance, or languid from inanition.

To constitutionally weak stomachs, it affords a pleasing sensation; it accelerates the process of digestion, corrects crudi-
 e 3 ties,

ties, and removes the cholic, and flatulencies.

BESIDES its effect on the gastric powers, it diffuses a genial warmth that cherishes the animal spirits, and takes away the listlessness and languor *, which so greatly embitter the hours of nervous people, after any deviation to excess, fatigue, or irregularity.

THE foundation of all the mischiefs of intemperance is laid in the stomach; when that is injured, instead of preparing the food, that the lacteals may carry into the constitution sweet and wholesome juices to the support of health, it becomes the source of disease, and disperses through the whole frame the cause of decay.

FROM the warmth and efficacy of Coffee in attenuating the viscid fluids, and increasing the vigour of the circulation, it has been used with great success in some cases of fluor albus, and in the dropsy †; and also in worm

* *Baglivi.*

† “ C’est sans doute son fréquent usage qui garentit les Turcs de l’hydropisie.” *Du Four*, p. 129.

complaints * ;—and in those camatose, anasarcaous, and such other diseases as arise from unwholesome food, want of exercise, weak fibres, and obstructed perspiration.

IN vertigo, lethargy, catarrh, and all disorders of the head from obstruction in the capillaries, long experience has proved it to be a powerful medicine † ; and in certain cases of apoplexy, it has been found serviceable even when given in glysters, where it has not been convenient to convey its effects by the stomach. *Monf. Malebranche* restored a person from an apoplexy by repeated glysters of Coffee ‡.

* *Anthelminticum* audit, et hinc pueris sæpe confertur, copiosius vero haustum, parvos eos reddit, deoque non facile his ordinandum. Si quis aliquot Cyathos decocti saturationis hauriat, vermes plerumque e ventriculo in intestina descendere experitur; si mox purgatio propinetur, invisi hi hospites hac methodo expelluntur. *Linnaei, Amœnitat. Academ. Vol. VI. p. 178.*

† “ La tête est la partie de tout le corps sur laquelle le Café produit de plus considérables effets; car par son usage ordinaire, on prévient presque sûrement l'apoplexie, la paralysie, la lethargie, et presque toutes les autres maladies soporeuses.” *De Bleguy, p. 180.*

‡ *Hist de l'Acad. de Sciences, 1702.*

THERE are but few people who are not informed of its utility for the head-ach; the steam sometimes is very useful to mitigate pains of the head.

In the West Indies, where the violent species of head-ach, such as cephalæa, hemicrania, and clavus, are more frequent, and more severe than in Europe, Coffee is often the only medicine that gives relief. Opiates are sometimes used, but Coffee has an advantage that Opium does not possess; it may be taken in all conditions of the stomach; and at all times by women, who are most subject to these complaints; as it dissipates those congestions and obstructions that are frequently the cause of the disease, and which Opium is known to increase, when its temporary relief is past*.

* Ego cum Lugduni Batavorum studiis operam darem, per totum annum Cephalæa miserè laboravi; et postquam potui copiose Teé, et præcipuè quidem *Coffee* quotidie sumendo assuevi, semper immunis ab ea vixi, non tantum sed ab omni alio incommodo, quamvis antea ita vixerim, ut mortis haberet vices lenta quæ trahebatur mihi vita gementi, qui per totum quinquennium cum longa morborum serie acriter conflictavi. *Ray.*

FROM

FROM the stimulant and detergent properties of Coffee, it may be used to an extent to be serviceable in all obstructions arising from languid circulation. It assists the secretions, promotes the menses, and mitigates the pains attendant on the sparing discharge of that evacuation.

In the West Indies, the chlorosis and obstructed menses are common among laborious negro females, exposed to the effects of their own carelessness, and the rigorous transitions of the climate; there strong Coffee is often employed as a deobstruent; which, drank warm in a morning fasting, and using exercise after it, has been productive of many cures*. From its pos-

sessing

* “ Utuntur tamen ejus decocto ad roborandum ventriculum frigidiorē, adjuvandamque concoctionem, et non minùs ad auferendas a visceribus obstructions; in tumoribusque hepatis lienisque frigidis, et antiquis obstructionibus, feliciori cum successu decoctum multos dies experiuntur. Quod etiam uterum maximè respicere videtur, ipsum enim excalfacit, obstructionsque ab eo auferit, sic enim in familiari usu est apud omnes Ægyptias, Arabasque mulieres, ut semper, dum fluunt menses, ipsorum vacationem, hujus decocti ferventis multum paulatim forbillantes, adjuvent. Ad promovendos etiam, in quibus suppressi sunt, usus hujus decocti, purgato corpore multis

selling these qualities, *Geoffrey* cautions pregnant women, and such as are subject to excessive menstruation, to use it in moderation.

THE industrious overseers of plantations, and other Europeans employed in cultivation in the West Indies, who are exposed to the morning and evening dews, find great support from a cup of Coffee before they go into the field : it fortifies the stomach, and guards them against the diseases incident to their way of life; especially in clearing lands; or when their residence is in humid situations, or in the vicinity of stagnant water. Those who are imprudently addicted to intemperance find Coffee a benign restorer of the stomach, for that nausea, weakness, and disorderly condition, which is brought on by drinking bad fermented liquors, and new rum, to excess.

IN continued and remitting fevers in hot climates, it frequently happens, at the period

multis diebus, utilissimus est.” *P. Alpin.* Lib. de Plantis *Ægypti*, cap. 16.—“ *Pellens est; qua ratione, non sine fructu, tanquam emmenagogum, in menstruis suppressis adhibetur.* *Linnaei*, *Amœnitat.* Acad. Vol. VI. p. 179.

when

when bark is indicated, that the stomach cannot retain it.—This is an embarrassment of great importance, in which the practitioner has an interval, only of a few hours, to decide on his patient's fate.—Bark in substance is required to answer the intention; and here, as well as in many cases of intermittents, when every other mode of administering bark has proved abortive, Coffee has been found an agreeable and a successful vehicle.

In obstinate intermittents, where a course of bark has been long continued, it seldom fails to increase those visceral obstructions which are incidental to the disease itself.

To assist the bark in its operation, I have often used Coffee; and have known instances where it has removed slight intermittents; and for those obstructions, which the disease, or bark, or both, frequently leave after them, and which patients are often obliged to suffer, as the least evacuation brings on a return of fever, I have also recommended Coffee, to make a considerable portion in the diet, with advantage.

COFFEE

COFFEE having the property of promoting perspiration*, it allays thirst and checks preternatural heat.

Sir *John Chardin*, when in Persia†, cured himself of a bloody flux by drinking four cups of hot Coffee, and going to bed, and covering himself well with bed clothes. But this cure was occasioned by the perspiration it produced; though he attributed it to some specific quality in the Coffee.

THE great use of Coffee in France is supposed to have abated the prevalency of the gravel.—In the French Colonies, where Coffee is more used than in the English, as well as in Turkey, where it is the principal beverage, not only the gravel, but the gout, those tormentors of so many of the human race, are scarcely known‡.

T AVER-

* *Leeuwenbock, Huxham.*

† Anno 1671.

‡ *Urinam* copiose pellit, imprimis si aqua misceatur; quosdam calculo obnoxios Halmiæ novimus, qui cyathum Caffæ murrhinum vitro aquæ frigidæ, libra una repleto, infundunt,

TAVERNIER says, the Persians are totally unacquainted with the gout and gravel; and *Monf. Spon*, a celebrated Physician at Lyons, who had travelled in the East, says, these diseases are rarely met with in the Levant, which they attribute to the great use of Coffee in those parts of the world. But climate, I apprehend, which the encomiasts of Coffee will not admit, ought to be taken into the account.

Du FOUR relates, as an extraordinary instance of the effects of Coffee in the gout, the case of *Monf. Deverace*. He says, this gentleman was attacked with the gout at twenty-five years of age, and had it severely until he was upwards of fifty, with chalk stones in the joints of his hands and feet; but for four years preceding, the account of his case being given to *Du Four*, to lay before the publick, he had been recommended the

infundunt, idque horis consumunt matutinis, qui unanimiter fatentur, quod vix aliud ipsis sit notum, urinam et fabulum copiosius pellens. *Linnæi*, Amœnitat. Acad. Vol. VI. p. 177.

use

use of Coffee, which he adopted, and had no return of the gout afterwards *.

COFFEE has been found useful in quieting the tickling vexatious cough that often accompanies the small pox †, and other eruptive fevers.—A dish of strong Coffee without milk or sugar, taken frequently in the paroxysm of some asthmas, abates the fit; and I have often known it to remove the fit entirely. Sir *John Floyer*, who had been afflicted with the asthma from the seventeenth year of his age until he was upwards fourscore, found no remedy in all his elaborate researches, until the latter part of his life, when he obtained it by Coffee.

PREPARED strong and clear, and sweetened agreeably with sugar-candy, and diluted, while hot, with a great portion of boiling milk, it becomes an highly nutritious and balsamic diet; proper in such hectic and pulmonic complaints, where a milk diet is

* “ Elle est salutaire aux gouteux par l’expérience particulière de nos gouteux, qui s’y sont habitués : car ils en tirent du moins ce bénéfice que leur accès sont moins fréquent et beaucoup plus supportables.” *De Blegny*, p. 185. et 186.

† *Huxham*.

useful;

useful*; and is a great restorative to constitutions emaciated by the gout and other chronic disorders †.

NIEUHOFF, a German physician, in his account of the embassy from Holland to China in 1675, first described the advantage of milk Coffee in pulmonic complaints.

Monf. *Monin*, an eminent physician of Grenoble, performed many extraordinary cures with it among consumptive people, when a milk diet, asses milk, and the air of Montpellier, had proved ineffectual. He relates the following case of his wife; of whom, he says,—“she had been in a consumption for sixteen years, and was at the point of death lately with a peripneumony. The inflammation of the lungs was removed by the ordinary methods in eight days; there re-

* “Elle est d’un effet merveilleux pour ceux qui ont la poitrine naturellement foible, ou accidentellement affoiblie par le rheume, par le toux inveterée, par une pulmonie naissante, et par ces autres espèces de fluxions qui rendent la voix rauque, et qui causent l’asthme et la courte haleine.” *De Blegny*, p. 189.

† This is the best method of preparing *Milk Coffee*. It may be sweetened with good Muscovada sugar, in costive habits, or where sugar-candy cannot be had.

mained

mained a very troublesome cough, an heat in the lungs, and quick pulse, with a great dryness of the skin, which made me apprehend she would fall again into her consumptive state. I prepared her by gentle purgatives and aperient medicines, as her bowels were in a bad state, and her spleen obstructed, and put her on a course of asses milk, which she took regularly for a month, but without the least success; her pulse remained the same, her cough was worse, she spit more, her complexion was yellow, sometimes greenish; she complained of heats, and oppressions of her breast, notwithstanding the exact regimen, and gentle purgatives repeated every week. Finding that the asses milk was useless, I again put her on a course of her former milk Coffee, of which she took about a quart every day for six weeks, purging her every ten or twelve days. This course was so favourable to her, that all the symptoms before-mentioned ceased in the first eight days; her appetite soon returned, and she grew more *en bon point* than she had ever been in her life."

LONG watching and intense study are wonderfully supported by it, and without the

the ill consequences that succeed the suspension of rest and sleep, when the nervous influence has nothing to sustain it.

THEVENOT says, “ When merchants in Turkey have any letters to write, and intend to do it in the night-time, in the evening they take a dish or two of Coffee, which is good to hinder vapours, head-ach, and to take away sleepiness, &c.—In short, in the Turk’s opinion it is good against all maladies, and certainly it hath at least as much virtue as is attributed to tea; and as to its taste, by that time a man hath drank of it twice, he is accustomed to it, and finds it no longer unpleasant.”

WE are told, that travellers in Eastern countries, and messengers who are sent with dispatches, perform their tedious journies by the alternate effects of Opium and Coffee;—and that the dervises and religious zealots, in their abstemious devotions, support their vigils, through their nocturnal ceremonies, by this antisoporific liquor.

Du FOUR says, the poor people in Turkey use it through œconomy to save victuals; as frequently two or three cups of Coffee is their whole sustenance in the course of a day.

BERNIER says, that the Turks, who frequently subsist a considerable time upon Coffee only, look on it as an aliment that affords great nourishment to the body: for which reason, during the rigid fast of the *Ramadan*, or Turkish Lent, it is not only forbidden, but any person is deemed to have violated the injunctions of the Prophet, that has had even the smell of Coffee*.

BACON says, Coffee “comforts the head and heart, and helps digestion †.” Dr. *Willis*

* Nous remarquerons, qu’ayant fait usage de cette boisson, nous avons découvert qu’outre les qualités qu’on vient rapporter, elle a celle de soutenir les forces contre l’inanition, en sorte qu’étant prise à jeun, on peut se passer plus long temps de nourriture, sans en être incommodé. *Journ. des Sc.* 1716, p. 283.

† Cent. 8, Exp. 738. anno 1624.—*Bacon* asserted this on the authority of travellers, as Coffee was not then known in England.

says,

says, “being daily drank, it wonderfully clears and enlightens each part of the soul, and disperses all the clouds of every function *.” The celebrated Dr. *Harvey* used it often. *Voltaire* lived almost on it. He told me, nothing exhilarated his spirits more than the smell of Coffee; for which reason he had, what he used in the day, roasted in his chamber every morning, when he lived at *Fernai*.—The learned and sedentary of every country have recourse to it, to refresh the brain, oppressed by study and contemplation †.

AMONG the many valuable qualities of Coffee, that of its being an antidote to the abuse of *Opium* must not be considered as the least; for as mankind is not content with the wonderful efficacy derived from the prudent use of opium, the abuse of it is productive of many evils that are only remediable by Coffee.

* Pharmaceut. Rat. P. 1. Anno 1674. Coffee was then used in England.

† “Elle fortifie la mémoire et le jugement. Un aliment qui fortifie puissamment toutes les actions naturelles.” *De Blegny*, p. 181. 184.

THE diseases generally brought on by a continued course of excessive doses of Opium, are either loss of appetite, stupor, debility, loss of memory, melancholy, palsy, or dropsy:—and frequently the consequences of the necessary and temporary use of common doses of laudanum, are nausea, languor, giddiness of the head, cold sweats, head-ach, hysterics, and tremor.

VARIOUS have been the attempts of physicians and chemists to correct their favourite Opium, and to improve and separate its useful from its hurtful properties*; but their preparations have neither meliorated the simple juice of the vegetable, as the great *Sydenham* asserts, nor have they taken away those properties to which its prejudicial effects are attributed.

THERE never has been, as far as we know, any preparation or combination with Opium,

* *Paracelsus, Helmont, Silvius, and Platerus.*—The use of Opium in the Lues Venerea is by no means a new discovery, as some practitioners have lately thought. It has had its advocates and use, like Guaiacum, and other diaphoretics. It was known to *Paracelsus, Fernilius, Palmarius, Willis, Paulli, &c.*

from the days of *Mithridates* to the present, that could be relied on, to counteract the ill effects of its first operations, in many constitutions; or to prevent those disagreeable after-operations so much complained of, in almost every subject and disease.

SUCH a preparation would indeed be a large contribution to the *Materia Medica*, and would make a considerable figure in the practice of physic. But this may never be accomplished; it may not be in nature; the defect may be the inherent imperfection of the vegetable, and inseparable from it;—as in the moral world we find the brightest virtues may be shaded with alloy:—if so, it will yet be some consolation, that we are able to mitigate those ills which we cannot prevent.

EVERY author who mentions Coffee, allows that it possesses singular power in counteracting the hypnotic, or sleepy effects of Opium: this is the only virtue assigned to it, in regard to Opium; as if the influence which Coffee exerts on the system, to produce that effect, could be directed to no

purpose, when these contradictions were not employed in opposition, to rob each other of their attributes.

CONFIRMED by many observations, I believe that Coffee, besides being the best corrector of Opium, is the best medicine to alleviate the mischief it produces, that has yet been discovered, and that the operations of common doses of Opium may be checked by it almost at pleasure.

THE heaviness, head-ach, giddiness, sickness, and nervous affections, which attack the patient in the morning, who has taken an opiate at night, are abated by a cup or two of strong Coffee.

IN Military Hospitals in hot climates, recourse is often had to large and repeated doses of Opium; from which I have frequently observed, that the retention of the stomach of the patient has been greatly injured; the secretion of urine impeded, or the bladder affected by a paralysis:—even these effects have been subdued by a few cups of strong Coffee.

THE

THE general opinion is erroneous, though of long standing, that the *Turks* use Coffee, exclusive of dietetic purposes, only against the sleepy effects of Opium.

The *Turks*, as well as the *Persians* and *Indians*, take Opium as a cordial *, to invigorate them for the temporary enjoyment of amorous pleasures, and to enable them to support fatigue, and to stimulate their nerves to the exertions of courage and enterprize †. But when the desired effects of this cordial are over, languor, lassitude, and dejection of spirits succeed.—It is for these indispositions, that Coffee is so medicinally necessary to the *Turks*, and they use it as their principal remedy.

* “Præstantissimum sit remedium cardiacum, unicum penè dixerim, quod in natura hætenus est repertum.”
Sydenham.

† *Mandelslo's Voyages and Travels into the East*, Lib. I. *Bellonius*, Lib. III. cap. 15. *Eraslus*, Disp. de Sapor. et de Narcot. *Georg. Andreæ*, Itiner. Ind. Lib. II. c. 9. *J. J. Saar*, Itiner. Ind. p. 11. *Fogolius* de *Turcarum Nepenthe*. *Sandy's Travels*, Lib. I. p. 66.

BUT while this unpleasing review of Opium is presented to our contemplation, let us not forget the benefit which mankind derives from that inestimable medicine.

IF the *Silphium* was held in veneration, stamped on coins, and hung up in temples *; if the *Mallow* was dignified with the name of Sacred †; if a statue was erected to the *Lettuce* ‡;—what honours are not due to the POPPY, whose pure and unadulterated juice possesses power to relax the whole force of animal spasm; to arrest the determination of the fluids and vital energy on particular parts, which often tends to the sudden dissolution of the frame; to relieve corporal pain by tranquillity, and mental affliction by sleep §. These are the unrivalled virtues of the POPPY, so highly distinguished by the

* *Plin. Hist. Nat. Lib. XIX. c. 3. Heschius, Βάρβα σίλφιον. Spanheim, de usu et præst. Numis. Dissert. 4.*

† By *Pythagoras*.

‡ By *Augustus*. Several of the *Valerian* family ennobled their name with that of *Lactucinii*. *Plin.*

§ “Tam homini quam morbo conciliat.” *Paracel.*

Creator, and whose excellence no human praise can reach.

It is not to be expected that Coffee should escape objections, when the virtues of Opium could not secure that from censure and condemnation. Among the furious enemies of Opium was Professor *Stabl*, of Hall in Germany *; and among those of Coffee was *Simon Paulli* of Rostock. As the former could see nothing but the mischiefs of Opium, so the latter was blind to the virtues of Coffee. But *Paulli* founded his prejudices against Coffee, as he had his prejudices against Tea, Chocolate, and Sugar—not on experience, but on anecdotes, that had been picked up by hasty travellers, which had no other foundation than absurd report and conjecture †. Unacquainted with the real properties of Coffee, his imagination supplied him with fictitious ones; and classed with articles with which it has no more affinity than they have analogy to each

* De Opij Impositura.

† *Olearius, Martinus, Garrauciers, &c.*

other*, he assigned to it those qualities which should affect the body, according to some theory of *Galen* which had misled him, to correspond with the account he had read of its supposed effects on Sultan *Mahomet Casnin*, a despot of Persia; who, it is said, from an excessive fondness of Coffee, had sotted away the vigour of his constitution†. But chemistry and experience have brought the subject into light, and *Paulli's* baseless fabric has vanished.

SUCH has been the fate of *Fernelius's* declamations against mercury; such *Guy Patin's* against antimony; and such *James the First's*, and the Abbot *Nissens's* nonsense against tobacco‡.

* “*Inflar Rutæ, Agni Casti, Camphoræ, Theè, Coffee, Chocoladæ, et similia omnis,*” &c. *S. Paulli, Quadrip. Botan. p. 396.*

† This story is related in the Travels of the Ambassadors from the Duke of Holstein into *Muscovy* and *Persia*, Lib. VI. It originated from a complaint made against *Casnin* by his wife. This lady was of a different opinion from the Marquis *de Langle*, who, in his *Voyage en Espagne*, says,—“*Le Caffé égaye, exalte, électrise; à l'homme qui a pris du Caffé en abondance, il ne manque plus qu'une femme, une plume, et l'encre.*”

‡ The Abbot *Nissens* maintained, that the Devil first brought tobacco into Europe.

I HAVE

I HAVE singled out *Simon Paulli* from among the adversaries of Coffee, for no other motive than to shew from what tales so learned a man confesses he supports a notion, that Coffee (like Tea to the Chinese) acted as a great drier to the *Persians*, and abated aphrodisiacal warmth. This opinion has been since received, and propagated from him, as he received and propagated it from its fabulous origin. The facts have been refuted by Sir *Thomas Roe*, and many other travellers.

Sir *Thomas Herbert*, who was in the East in 1626, tells us, that the Persians themselves have a very different opinion of Coffee. — “ They say that Coffee comforts the brain, expels melancholy and sleep, purges choler, lightens the spirits, and begets an excellent concoction; and by custom becomes delicious. But all these virtues do not conciliate their liking of it so much as the romantic notion, that it was first invented and brewed by the Angel *Gabriel*, to restore *Mahomet’s* decayed moisture; which it did so effectually, that he never drank

drank it but he made nothing to unhorse forty men, and in his amours to rival the fame of Hercules*.”

MANY have been the dogmas concerning Coffee : some authors alledge that it is *dry*, and therefore good for the gross and phlegmatic, but hurtful to lean people ; some contend that it is *cold*, and therefore good for sanguine, bilious, and hot constitutions ; others, that it is *hot*, and therefore bad for the sanguine and bilious, but good for cold constitutions. Some assure us, that it acts only as a *sedative* ; others, that it acts only as a *stimulant*. With such disputants there is no entering the lists. Medical science disclaims their pretensions, as creations of the imagi-

* Page 311. Ed. 3. Setting aside the hyperbolical part of this Persian opinion, here is at least a tradition, that this liquor was used in Arabia in the time of *Mahomet*, whose flight from *Mecca* was in the year 622. All the ancient nations who made much use of the *Legumina* in their diet, prepared many of them by torrefaction ; and it is most probable, that the Arabians were acquainted with the art of preparing a liquor from the parched or roasted berries of a tree that was indigenous among them, prior to its use in Egypt and Persia, or in any of the neighbouring countries.

nation ;

nation; and transfers their contest for decision to a Synod of Turkish Priests.

I AM aware that there are people who are decisively of opinion, that Coffee is injurious “in thin habits and bilious temperaments, in melancholic and hypochondriacal disorders, and to persons subject to hæmorrhages.”—*Willis, Cheyne*, and others, as well as *Lewis*, who conceived this notion to have been his own, were in some degree of this opinion*.

IN habits subject to hæmorrhages, particularly those of the pulmonic and uterine kind, the interdiction of Coffee is every where justly admitted †.

I WAS acquainted with a person at Leyden, when I was a student there, who seldom drank much Coffee, or continued the use of it for several days successively, without having an hæmorrhage from the nose.

* Ab hac forbitione abstinere debent biliosi, quibus præfervida sunt viscera, qui hæmorrhoidibus quibuscunque erysipelati sunt obnoxii, melancholici, et hypochondriaci. *Geoffry*, De Vegetab. Tom. II. sect. 1. p. 437.

† Yet Dr. *Percival* says, it is “powerfully sedative.” Vol. I. p. 127.

BUT

BUT the other exceptions, however they may have been taken up, and asserted in England, where the confined use of Coffee has scarcely afforded a fair opportunity to settle such a point, will be disputed in countries where it is in general use. Let me add also, that the result of my observations in those countries is evidence against the exceptions; and it is confirmed by every information I have obtained from medical people resident in Constantinople, and other parts of the Turkish Empire.

LET us examine this arbitrary restriction to the use of Coffee, and see what justice there is in the principle on which it has been imposed; to which, as to all arbitrary impositions, we shall discover no reason, I believe, in submitting.

IN regard to “thin habits,” where there is no disease, or constitutional defect, I can say but little; knowing no theory that militates against the prudent use of Coffee in the alimentary way; nor why it should not be as harmless to such habits, as to those who
are

are formed with the greatest obesity and rotundity of figure.

TRAVELLERS observe, that in Turkey, though the Mahometans and the Greeks live in the same towns, they differ widely in their manner of living; and in nothing more than in their drinks. The Turks, whose principal drink is Coffee, and one of the articles with which every Turk is obliged to furnish his wife, are fat, fresh, active, healthy, and prolific. The Greeks, on the contrary, who drink but little Coffee, and much wine, are dry, bilious, passionate, and indolent.

IN “bilious temperaments,” facts and experience must determine. Bilious temperaments are surely no where so common as in hot climates; and in those very countries Coffee is certainly most used. There Coffee is found to temper and soften the acrimony of the bile, and prepare the stomach for purgatives, and suitable medicines. It is observed in bilious habits, that the stomach receives nothing more agreeable than Coffee, unless where there is febrile heat; and that the nausea and inclination
to

to vomit, which often accompany bilious complaints, are taken away by Coffee. In the jaundice, and in obstructions of the liver, it is sometimes used with great benefit.

To the opinion that Coffee is hurtful in “melancholic and hypochondriacal disorders,” a multitude of opinions may be opposed; and its well known power in removing visceral obstructions, and exhilarating the spirits; which qualities have been attributed to Coffee ever since the use of it was known*.

If it be demanded, what general description of people should abstain from the use of Coffee?—as it seems with some people to be necessary for the rightly understanding its virtues to have something said against it,—I must answer, that I know of none; yet I wish to be understood, that I think animadverting on its properties and effects may take

* “Il remédie très-efficacement dans les deux sexes, à toutes les espèces d'indispositions qu'on attribue aux vapeurs du foye, de la ratte, et de la matrice, et par conséquent aux maladies hypochondriaques, et généralement à toutes les passions hysteriques,” &c. *De Blegny*, p. 177.

place, without the writer's being in the predicament of *Monf. de la Cloſure* at *Perigueux*, who ordered it for all his patients becauſe he liked it himſelf; or of *Monf. Barbarec* at *Montpellier*, who forbade it to his patients becauſe it diſagreed with him. Theſe phyſicians, like *Mahomet*, incurred the imputation of mixing their inclinations with their preſcriptions.—*Mahomet* prohibited the uſe of wine, becauſe it diſordered him, and brought on the epilepsy.

EVERY reaſonable perſon muſt know, that Coffee cannot be proper for all conſtitutions, and at all times. The exceptions may be numerous; but I ſhould make a bad figure in the eyes of travellers, who have witneſſed abſurdity enough on this ſubject, were I, in diſcuſſing the dietetic regimen of a nation, to attempt to fix invariable rules for individuals.

PEOPLE obnoxious to hæmorrhages, or poſſeſſing peculiar nervous ſenſibility, or feveriſh irritability, ſhould abſtain from all ſtimulating liquors; therefore from Coffee.—Thoſe who, from their own proper experience,

rience, find it does not agree with them, can hardly stand in need of this injunction *.

It is well known, that there are some habits which cannot endure any thing that increases the sensibility of the nerves; and others that are affected by particular stimulants. A cup of strong Coffee will cause some people to have a tremor of the hand.—*Boyle* says it acted as an emetic with one person; *Galland* was also an instance, where it occasioned the same operation in a most violent manner. Others will be heated, or be kept from sleeping by it. Tea, Champagne and Burgundy wines, and many other things, will produce similar effects. It was on this account that *Slare*, and some others, have confounded the excess of nervous sensibility with the palsy, which depends on a privation of sensibility, or motion;—against

* “ Je scay qu’il se trouve indifféremment entre les bilieux, les sanguins, les pituiteux, et les melancholiques, des personnes à qui il fait du bien, et d’autres à qui il fait du mal; c’est pourquoy bien qu’il soit vray qu’il y aye peu d’alimens ny de medicamens si généralement bon que le Caffé.” *De Blegny*, p. 105.

which

which nothing appears to be more suitable than Coffee*.

A SUBJECT like Coffee, possessed of active principles and evident operations, must necessarily be capable of misapplication and abuse; and there must be particular habits which these operations disturb. In some it causes an insupportable acidity in the stomach.—*Slare* says, he used Coffee in excess, and it affected his nerves †; but Dr. *Fothergill*, who was a sensible

* “*Resolutio nervorum* — interdum tota corpora, interdum partes infestat. Veteres Authores illud ἀποπληξια, hoc παραλυσις nominaverunt.” *Cels.* Lib. III. cap. 27.

“Privatio est sensus et motus, in toto corpore, vel parte quadam.” *Aret.* Lib. I. cap. 7.

† *Slare*, having instanced himself as one with whom Coffee did not agree, has misled many people; and as this circumstance is sometimes quoted to justify objections against Coffee, I beg leave to relate his account of it in his own words:—“Nor do I decry and condemn Coffee, though it proved very prejudicial to my own health, and brought paralytic affections upon me. I confess, in my younger days I ignorantly used it *in too great excess*; as many daily do make use of this, and other Indian drinks. Though I have quite abandoned it for above thirty years, and soon recovered the good tone of my nerves, which continue steady to this day; yet I must own, Coffee to

sensible man, and had read *Paul's* advice to *Timothy* respecting wine, and did not use Coffee in excess, though he was of a very delicate habit, and could not use Tea, says, in his letter to *Ellis*, that he drank Coffee “almost constantly many years, without receiving any inconveniency from it.”

DE LA CLOSURE says, that *Monf. Ferrand*, Dean of the Faculty at Limoges, took Coffee every night to make him sleep. The celebrated *Monf. Colbert* drank Coffee to keep him awake, through his great pressure of business; and by that means so habituated himself to live without rest, that at length he could not sleep when he wanted.

BUT the history of particular cases serves only to prove, that mankind are not all organized alike; and that the sympathy of one, and antipathy of another, are amply provided for in that infinite variety which pervades all na-

some people is of good use, when taken in just proportion, &c.” “It is true that they (Indian drinks) do not agree with all constitutions; with some, only one of these entertaining liquids, as Green Tea; and with others, all of them disagree.”—This candid relation of *Slave's*, requires no comment.

ture,

ture, and with which the earth is blessed in the vegetable creation.—Were it not so, physic would acquire but little aid from the toils of philosophy, when philosophy had no other incitement to labour, than barren speculation.

It has long been a custom with many people among us, to add mustard to their Coffee: mustard or aromatics may with great propriety be added, in flatulent, languid, and scorbutic constitutions; and particularly by invalids, and in such cases where warmth or stimulus is required.

THE Eastern nations add either cloves, cinnamon, cardamoms, cummin-seed, or essence of amber, &c. but neither milk or sugar. Milk and sugar without the aromatics, are generally used with it in Europe, America, and the West India Islands, except when taken immediately after dinner; then the method of the French is often followed, and the milk is omitted.

COFFEE is most grateful to the stomach, as well as to the palate, with the addition of cream, and sweetened with sugar-candy. The
sugar-

sugar-candy should be reduced to a gross powder, to facilitate its dissolving.

A SMALL cup or two of Coffee, immediately after dinner, promotes digestion.

HOWEVER, Coffee after dinner, in general, is to be considered as a luxury ; and its effects are then most pleasant where temperance has been observed, and leguminous food and light wines have chiefly composed the repast.

WITH a draught of water previously drunk, according to the Eastern custom, Coffee is serviceable to those who are of a costive habit.

COFFEE is not proper where there has been long sitting after dinner, when heavy meals of animal food have been made, and much Portugal wine, has been drunk ; and never should be used after dinner, nor at any other time, by those who intend to return to the bottle, and drink wine immediately upon it.

THUS far the properties and medicinal effects of Coffee, after torrefaction, have been considered ; and as the beverage made from it
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contains all the essential virtues of the berry, which united are most proper for dietetic purposes, I have not entered into any discussion of its component parts separately, nor of the distilled water, syrup, oil, and other simple preparations which have been made from the berry; for I do not believe, that these preparations possess any properties deserving particular notice; but that we are indebted to the virtues we derive from Coffee, to the total derangement of its natural state, by the process it undergoes in roasting at the fire.— And therefore the fabulous story of the first discovery of its effects, does not merit the least attention.

THE mode of preparing this beverage for common use differs in different countries, principally as to the additions made to it.— But though that is generally understood, and that taste, constitution, the quality of the Coffee, and the quantity intended to be drunk, must be consulted, in regard to the proportion of Coffee to the water in making it — yet there is one material point, the importance of which is not well understood, and which admits of no deviation.

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THE preservation of the virtues of Coffee, particularly when it is of a fine quality, and exempt from rankness, as has been said, depends on carefully confining it after it has been roasted; and not powdering it until the time of using it, that the volatile and æthereal principles, generated by the fire, may not escape. But all this will signify nothing, and the best materials will be useless, unless the following important admonition is strictly attended to; which is, that after the liquor is made, — *it should be bright and clear, and entirely exempt from the least cloudiness or foul appearance, from a suspension of any of the particles of the substance of the Coffee.*

THERE is scarcely any vegetable infusion or decoction, whose effects differ from its gross origin more than that of which we are speaking. Coffee taken in substance causes oppression at the stomach, heat, nausea, and indigestion: consequently a continued use of a preparation of it, in which any quantity of its substance is contained, besides being disgusting to the palate, must tend to produce the same indispositions. The
residuum

residuum of the roasted berry, after its virtues are extracted from it, is little more than an earthy calx, and must therefore be injurious.

THE want of attention to this circumstance, I make no doubt, has been the cause of many of the complaints against Coffee, and of the aversion which some people have to it; and it is from this consideration that Coffee should not be prepared with milk instead of water, nor should the milk be added to it on the fire, as is sometimes the case, for oeconomical dietetic purposes, where only a small quantity of Coffee is used, as the tenacity of the milk impedes the precipitation of the grounds, which is necessary for the purity of the liquor, and therefore neither the milk nor the sugar should be added, until after it is made with water in the usual way, and the clarification of it is completed*.—The milk

* It is not to Coffee alone that this reflexion is confined; every article we use as a diluter, demands the same attention. Malt liquors, particular small beer, which in this respect is much neglected, ought always to be carefully fined. The fæculent matter entangled by the mucilage of the malt, is hurtful to digestion, and detrimental to health.

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should be hot when added to the liquor of the Coffee, which should also be hot, or both should be heated together, in this mode of using Coffee as an article of sustenance.

THE Persians roast the membrane which envelopes the seed, and use it together with the seed itself, in their manner of preparing the infusion, and it is said to be a considerable improvement. The people of fashion among the Turks and Persians make a delicate drink from the capsules only, which is cooling and refreshing; particularly in summer time. This was much extolled by the French travellers, who saw no other Coffee used at the houses of the great. This is called by the French, *Café à la Sultane*.

THE Turks, Arabians, Persians, and Egyptians, drink Coffee all day long, in small cups, supping it up by a little at a time, as hot as they can bear it; and what is prepared from three or four ounces among them, is considered as a moderate quantity for one person in a day. In the Dutch, French, and English Colonies, it is the daily breakfast and evening repast.

IF a knowledge of the principles of Coffee, founded on examination and various experiments, added to observations made on the extensive and indiscriminate use of it, cannot authorize us to attribute to it any particular quality unfriendly to the human frame;—if the unerring test of experience has confirmed its utility, in many countries, not exclusively productive of those inconveniencies, habits, and diseases, for which its peculiar properties seem most applicable;—let those properties be duly considered; and let us reflect on the state of our atmosphere; the food and modes of life of the inhabitants,—and the chronical infirmities which derive their origin from these sources, and it will be evident what salutary effects might be expected from the general dietetic use of Coffee in Great Britain.

BUT this important object cannot be accomplished while England frowns on West Indian agriculture and commerce.

WITH legislative consideration and encouragement, good Coffee would be produced in
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our West Indian Islands in such abundance, that, as in France, it might be afforded here at a price to render it a cheap substitute for those enervating teas and beverages, which the inferior classes of people adopt from necessity, and which produce the pernicious habit of dram-drinking.

THE increased consumption of the article, for reasons already urged, would benefit the State;—and the poor would be supplied with an wholesome ingredient for improving their diet; which, if we extend our views remote from the Metropolis, will be found such as would admit of much addition and melioration, without any suspicion of the interposition of Providence in their favour, or endangering the *SALUS POPULI* on the score of superfluity and luxury.

F I N I S.

